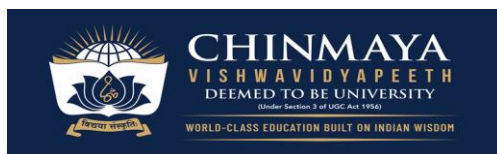


Indian Perspective on Health Time and Managing Lifestyles



Indian Perspective on Health Time and Managing Lifestyles

Program in which it is offered: Open Minor for all

Course Category: Minor	Schedule of Offering: Even/Odd
Course Credit Structure: 3	Course Code: VK310
Total Number of Hours: 3	Contact hours per week: 3
Lecture: 3	Tutorial: 0
Practical: 0	Medium of Instruction: English
Date of Revision: 02/12/2021	Category of the course: Life Skills

Course Description

This course is offered as an elective course at CVV as part of its vision to introduce all its students to the rich literature and practices of India. The course introduces the student to the various aspects of Indian Health Systems in managing the lifestyles like “Healthy daily and seasonal routines”, “Managing food, water and sleep without effecting the busy lifestyle”, etc. explained in detail.

Course Introduction and Objectives

One of the visionary aims through this course is to enable students to develop the knowledge on ayurvedic philosophy and science of life, dietetics and clinical nutrition and behavioural sciences which form the basis for life management. During the course, the students will develop the ability to identify, critically analyses and appreciate ayurvedic philosophy of managing life of the individual and in the society. Students will also develop the ability to independently initiate and propose improvements with respect to aspects of food consumption, culture, social, psychology, environment and economy. Furthermore, students develop the working ability to, based on the physiological and clinical picture, investigate, propose, monitor and document the proper diet and nutrition therapy for preventive health care based on research and proven experience. At the same time, students will be able to create good relationships with fellow human beings and to understand the mechanisms that influence our behaviour and our desire for change.

Course Outcome

By the end of the course, the student will be able

- To understand the basic knowledge of ayurvedic and its significance on preventive measures on routine living

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- To identify the difference between daily and seasonal practices on food and living
- To develop an ability to critically analyse, evaluate and use relevant information and discuss new facts and its contribution to the development of living.
- Demonstrate the ability to plan and manage the nutritional needs of different groups in society and the ability to educate and inform about diet and health,
- To identify the professional approach and importance of upgrading their skills on this field

Prerequisites

There are no pre-requisites for this course as it is introductory in nature. Some rudimentary understanding of Sanskrit and familiarity with Devanagari script will be useful.

Teaching Pedagogy

The teaching methodology will be primarily lecture oriented. In class discussions, talks by experts and student presentations based on some related work will supplement the learning process.

Module Sessions

Module-I:

(8 Hours)

Dinacharya

Dinacharya. Challenges for Modern Managers. Sustaining the quality of executive work life. Career stages and daily routines. Gender issues. Biological clock. Disruptions. Happiness expanded. Yoga and meditation-its relevance.

Module-II:

(8 Hours)

Ritucharya

Ritucharya. Guidelines for Ritucharya (Seasonal practices.) Climate change and Ritucharya. Geographies-Climate-Charyas. Local community development. Psychiatric health and wellness issues. Role of Community health care policies.

Module-III:

(10 Hours)

Bhojanavidhi

Bhojanavidhi-Fundamentals. Mahaanasa (Megakitchen). Food emphasis. Vegannadharayed (Causes of Illnesses).

Module-IV:

(9 Hours)

Science of Food and Living

Introduction to Dietetics, nutrition sciences. Science of food and living. Personalization of routines and sustaining health promotion. Counselling, coaching and mentoring for Happiness wellbeing.

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Module-V:

(10 Hours)

Science of habits

Concept of water, Importance of sleep, Suppression of urges, Nutraceuticals and their promotion. Conventions on indigenous healthcare systems.

Reading Material

- R. Vidyanath (2013). "Illustrated Aṣṭāṅga Hṛdaya of Vāgbhata - Sūtrasthāna" Chaukhambha Surabharati Prakashan, Varanasi. ISBN: 978-93-82443-86-5. Chapter 1 - 4
- Dr. P.V. Tiwari (2018). "Caraka Saṃhitā" Chaukhambha Vishvabharati, Varanasi.
- G.G. Gangadharan (2009). "Kṣemakutūhalam composed by Kśemaśarmā", Foundation of Revitalisation of Local Health Traditions (FRLHT), Bangalore. Chapter 1 – 2, Page numbers 35-37,41-55,61-74,77-102

Reference Books and Articles

- Valiathan M.S. (2015). "The Legacy of Caraka", University Press (India) Private Limited, Hyderabad. ISBN: 978 81 7371 667 6
- Valiathan M.S. (2015). "The Legacy of Susruta", University Press (India) Private Limited, Hyderabad.
- Valiathan M.S. (2015). "The Legacy of Vagbhata", University Press (India) Private Limited, Hyderabad.
- Wujastyk Dominik (2001). "The Roots of Ayurveda", Penguin classics, Haryana, India. ISBN: 9780140436808.
- Jayesh Thakker, S. Chaudhari, Prasanta S Sarkar (2011). "Ritucharya: Answers to the lifestyle disorders", An International Quarterly Journal of Research in Ayurveda, Official publication of Institute for Post Graduate Teaching & Research in Ayurveda, Jamnagar, Oct-Dec; 32(4): pp 466–471. doi: 10.4103/0974-8520.96117 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3361919/#ref5>

Evaluation Pattern

- Continues Internal Assessment - 50%
- End-term - 50%